

The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979

The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 47, No. 4 January 2005

Flying Space "A" from Forbes

By Tech Sgt Greg Burnetta
190th Public Affairs

Military service members are eligible to fly Space "A" (Space Available) on many military aircraft platforms. Some of the service members are limited to flights originating and ending in the continental United States (CONUS) but other service members may fly practically anywhere in the world, depending upon the service member's duty status.

Active duty military members and their dependants may fly Space "A" anywhere in the CONUS and overseas (OCONUS), said Staff Sgt Michael A. Money, Operations NCO, 190 Operations Support Flight. This includes Active Guard/Reserve (AGR) service members. It does not include full time technicians. The OCONUS Space "A" flights are currently available to AGR dependants on a trial basis.

Technicians and traditional guard members may fly Space "A" anywhere in the continental United States and its territories, but not OCONUS, said Money. Hawaii and Alaska are considered CONUS flights. Traditional and technician service members taking Space "A" flights may not bring their dependants. Once the traditional service member is retired from the

military and has reached age 60, that service member and his or her spouse may fly Space "A" on both CONUS and OCONUS flights.

Service members may telephone the Forbes Field Space "A" hotline at 785-861-4558. This hotline will list the available flights or if there are no flights.

By rules and regulations, a service member cannot make an advance reservation for any particular flight. Once a service member has identified a flight he or she would like to take, they should call the hot line the day of the flight to make sure it has not been canceled. The service member should arrive, with their luggage, three hours prior to the scheduled departure time. When they arrive they should be aware that it's always possible that they will not be able to catch the flight.

In order to fly Space "A," traditional service members must have a DD Form 1853 signed by their supervisor, while AGR members must have a copy of their leave papers. Other requirements include an up-to-date military identification card and, for OCONUS flights, a passport.

"Everyone needs to be mindful that once they arrive at their destination, they will have to sign up to return," said Money. "There's a chance they can get bumped on the return flight."



Causes for being bumped while flying Space "A" include having to make room for active duty service members, who have priority over reserve components members, and for having to make room for service members on emergency leave status.

Service members are also eligible for Space "A" lodging at Air Force Inns. It is sometimes possible to make lodging reservations for up to thirty days in advance, but only when those Inns average 65 percent

[See "Space-A" - Page 2](#)

Commander's
Comments - Page 2

Medical Group
News - Page 3-4

Who's your wingman?
- Page 5

Maintenance preparing for inspections

By Lt Col. Derek Rogers

190th Maintenance Group Commander

The Maintenance Group started preparing last March for the series of inspections we will have this coming spring. Our March UTA dates are 17-20, four days with no UTA in July. During this time the 190th will have a Unit Compliance Inspection (UCI), Maintenance Standardization and Evaluation Program (MSEP) 16-23 March, Inspector General (IG) Health Services Inspection (HSI), Tanker Strategic Aircraft Reconstitution Team (TSART), and Generation Inspection. There could be as many as 88 inspectors on base from 13 to 25 March.

The focus of the UCI team is to ensure the Wing is conducting its mission in compliance with public law, safety directives, Air Force Instructions, checklists and technical orders. The UCI team will also look at some of the functions of Maintenance. The Maintenance Group is preparing for the UCI by reviewing the Unit Self Inspection Program Compliance and Standardization Requirements List (C&SRL) checklists. The UCI team validates our self-inspection checklists. The UCI team will then rate the outcome as being In Compliance, In Compliance With

Comments, or Not In Compliance. The Maintenance Group's goal for the UCI is all mission critical areas rated In Compliance.

For the Maintenance Group, the MSEP will validate our C&SRL self-inspection checklists. Quality Assurance has been leading Group meetings to prepare, coordinate, validate, and standardize our MSEP responses. QA has been doing a great job facilitating checklist reviews and providing guidance to checklist POCs. The UCI checklists, Special Interest Items, and C&SRL checklists are available on our intranet homepage. I encourage everybody within the Maintenance Group to look at the checklists that have been completed for your area. Review the checklist questions within your sections, discuss the accuracy of the answers and identify potential areas of improvement.

The UCI, designed to inspect the day-to-day operations of the Group, will not be as extensive as the MSEP for the Maintenance Group. If we are compliant with our C&SRL checklists, then we should do just fine on the UCI inspection. Since Maintenance has been working on self-inspections



Lt. Col. Derek Rogers

190th Maintenance Group Commander

this year, I have seen many positive changes within the organization. The 190th Maintenance Group is second to no other organization when it comes to maintaining aircraft and meeting the needs of the mission. Our self-inspections have identified areas and functions secondary to the mission that require our attention. Since identifying these items, we have reviewed and improved these programs which make Maintenance a better organization.

Space-A ~ Cont.

occupancy rate or lower. If the Inn is running at 66 to 85 percent occupancy rate it can only take reservations seven days in advance. Inns running at 86 percent and higher occupancy rates can only accept reservations three days in advance of a stay.

Anyone who cannot book a reservation at an Air Force Inn when they first call to check should call back often. Occupancy rates change, and callers may be a cancellation or two away from qualifying for reservation space.

Call 1-888-AF-LODGE to make reservations at an Air Force Inn.



Changes continue in the Medical Group

By Master Sgt. Sherry Hertlein
190th Medical Group

Over the past two years there have been many changes in the Medical Group (formerly SQ) and I believe that the dust has finally settled for now. We have tried to keep you informed with the major changes but there are a lot of changes that you may not know about!

I will begin with the new RCPHA (R e s e r v e C o m p o n e n t P e r i o d i c H e a l t h A s s e s s m e n t). Most of us have had the 5 year p e r i o d i c physical, which has now been replaced with the RCPHA. Every year, about two months before your birth month, you will be notified by your SQ health monitor that you are due your PHA. This could be as simple as filling out a SF 507 (replacing the 895), or you may be required to report to the Medical Group to do a more extensive assessment. You will have until the last day of your birth month to complete them.

Every five years you will be asked to report for an assessment of your near/distant vision and talk to a physician about your general health. If you have any unresolved medical issues at that time, you will be required to go to your private civilian physician and report the findings to the Medical Group. The requirement for an HIV draw and Serum banking has also changed from every 5 years

to every other year. If you receive a SF 507 with a note attached telling you to get your blood drawn you can do this either at the Medical Group or in the mobile shot line.

The biggest change is the annual dental exam. You are no longer required to see a military dentist every five years. You will take a DD Form 2813 to your civilian dentist who will fax or mail it back to the Medical Group dental office. You are now required to do this on an annual

basis. There are many members that do not see a dentist on a regular basis. There are many reasons for this, but when you joined the guard, you made an agreement that you would keep y o u r s e l f physically ready to deploy at any

given moment. It is your responsibility to make that happen.

There are many programs you can use to help aid in the cost of an annual check-up. Make sure you choose a program that is going to also take care of you in the long run. If you are getting a free check-up from our dentist but have dental issues that need resolved in the immediate future, you will have no help paying for the costs of the additional work to keep you World Wide Deployable. Please take the time and thoroughly read LTC Hof's article in order to get all the



Thinking about LASIK?

By Maj William Hefner
190th Medical Group

Do you want to get rid of your glasses? Would you like to avoid your gas mask inserts during chemical warfare training? Thinking about LASIK? Here's what you need to know.

Air Force guidance states that any non-flying/ non-special duty personnel may pursue corneal refractive surgery (LASIK or PRK) at their own expense at a civilian provider. Flying/ special duty personnel (active duty only) must have it performed at one of the Air Force laser centers (Wilford Hall, Wright-Patterson, USAFA).

Because you will be non-deployable during the recovery process, **you MUST obtain your commander's approval in writing prior to scheduling the appointment.** Once accomplished, the next step is to notify the Medical Group of your intent. Your next step is to schedule the surgical procedure with the provider of your choice.

All documentation, including the pre-operative evaluation and all post-operative visit notes MUST be forwarded to the Medical Group for evaluation and archival purposes. **The following visits are mandatory per AF guidance: 1 day, 1 week, 1 month, 2 month, 3 month, 4 month, 5 month, 6 month and 1 year.**

You will be medically profiled for up to 1 year after the procedure. Normally, however, once you have stopped taking eye drops and your vision has stabilized at 20/20, the profile will be removed. One thing to note: **If you are not able to see 20/20 corrected after the surgery, you may not be able to continue your military career.**

If you have any questions regarding the USAF's corneal refractive surgery policy, contact the 190th Medical Group's eye care service at 861-4155.

[See "Changes" - Page 4](#)

Annual dental screening-yearly requirement for all unit members

By Lt Col Robert Hof
190th Medical Group

The Annual Dental Exam (ADE) is a yearly requirement of all unit members. Health Affairs Policy Memorandum 98-021 directs all members of the Selected Reserve to undergo an annual dental examination to promote oral health. This requirement is vital for Force Health Protection because failure to achieve and maintain one's oral health could preclude a member from deploying. Therefore, it is critical for the DOD to have a clear picture of the Reserve Components (RC) service member's dental readiness and fitness for duty. So much so that dental readiness is a command responsibility. It is also a unit member's personal responsibility to include oral health as part of their fitness for duty.

All ADE's must be documented on a DD Form 2813. All members must complete and return the form to the Medical Group dental section. The form can be picked up at the Medical Group office or downloaded from the base intranet. There are several options available for members to complete their ADE.

1. Obtain your own dental screening examination through your civilian dental insurance.

2. Obtain your own dental screening examination through the TRICARE Dental Program (TDP).

3. Obtain your own dental screening examination through a civilian source, VA center (if the member is an eligible veteran), or a dental school. Note: you will not be reimbursed for any copayments associated with your individual insurance program or TDP.

4. Use the Federal Strategic Health Alliance Program (FEDS_HEAL). This program will allow a dental exam to be performed by a participating dentist at no cost to the unit member and the unit member is entitled to one non-pay point. Those who wish to employ the FEDS_HEAL Annual Dental Screening can request the FEDS_HEAL Annual Screening Request Form from the Medical Group. The Dental Section will review the paperwork and fax it to the FEDS_HEAL program. The member is notified within 7-10 days by FEDS_HEAL of the appointment date and sent a "Dental Kit" to include preprinted documents, instructions and driving directions to the FEDS_HEAL dental provider



assigned to do the ADE. The FEDS_HEAL program provides no follow-up dental care. It only identifies whether a member is deployable or non-deployable. If you elect to use this program and have a dental problem, it'll be your responsibility to get it fixed.

The best course of action would be to enroll in the TDP. It costs a member \$9.32 a month for a plan which pays a lot. Please see this web site for detailed information: <http://www.ucci.com/was/uccweb/tdp/tdp.jsp>.

Failure to obtain an annual dental examination or return the required documentation will result in a change of the member's dental classification to non-deployable. Members in this status are not permitted to perform IDT for pay or points and can be administratively discharged. Please contact the Medical Group Dental Clinic for further information.

Medical Changes ~ Cont.

information regarding this new program.

Please make yourself aware of the new physical and dental requirements. If you have not completed the requirements in the time specified, you will be profiled and be classified as non-deployable until they are completed. Remember, being profiled means no TDY's, schools, or performing AT days. It is ultimately the members' responsibility to maintain their medical and dental overall health. The Medical Group's focus is to assess your readiness ability to deploy both physically and mentally, and less on preventative health as it has been in the past.

This information is intended for those members who are not on flying status. I will be briefing those members separately because their requirements are different from those not on flying status. Please feel free to contact Master Sgt. Sherry Hertlein, Master Sgt. Scott Mick, or Chief Master Sgt. Howard Steanson if you have any questions regarding this information.

Stressed Airmen - Who's your wingman?



CHIEF's Sight Picture

Stress is nothing new to military life and there are many factors that contribute to this. But lately, stress has been taking its toll on our Airmen. Our suicide rate is skyrocketing while accidental deaths are more than 36% above what they were four years ago. We lost 57 people to suicide in the past year — a dramatic, and tragic, increase from last year. We lost another 99 Airmen to accidents. Combined, that's an order of magnitude greater than our combat losses in both Iraq and Afghanistan since September 11, 2001. We're causing ourselves more harm than the enemy. We must do a better job of looking after one another — be better wingmen.

Our jobs are inherently stressful. This is a fact of our profession. We have over 30,000 Airmen deployed across the globe, with over 7,000 of them in a combat environment. Many Airmen are now on their sixth deployment in ten years. Those at home face increased work hours, inconsistent manning, and a continuous workload. More stress comes from uncertainty. In addition, increased AEF deployment periods, force restructuring, Non-Commissioned Officer retraining, and OSD's BRAC assessments and potential base closures may suggest an ambiguous or unstable future to some Airmen. This can often lead to other stress factors, like family or relationship problems, financial or legal problems, and substance abuse. We are taking steps to

mitigate some of these factors, but stress will always be a concern. Stress is a problem we can manage.

The Air Force leadership is confronting this problem. We cannot relieve the tempo of deployment. When our nation calls, we must respond. However, we can and will work to provide our Airmen with the support they need to carry their load. We are reinvigorating our suicide prevention program that had dramatically dropped the number of suicides over the past seven years. The program worked, but it needs a shot in the arm. Along with suicide prevention, we're continuing to focus on safety and risk management, with zero mishaps as our goal.

November begins the busy holiday season. This is a time of celebration, but also a time when stress rises. Our Major Commands will be placing special emphasis on stress-related issues during the month of November. We will: reemphasize the support services available; review the signs of stress; and remind all Airmen what it means to look out for each other — to be good wingmen.

However, this problem cannot be solved through programs and training sessions alone. It's going to take an effort from the whole force, from our commanders and supervisors to every Airman in the force. It will take your total commitment.

Commanders — you bear the responsibility for the total welfare of our greatest asset — Airmen. You are responsible for their physical,

emotional, social, and spiritual well-being. Use your base resources. You should know when your Airmen need help, and where to send them to get it.

Supervisors — you are our first line of defense. Like commanders, you are responsible for the well-being of the people you supervise. It is you who look every Airman in the eye every day. It is you who can spot the first signs of trouble, and you who are in the best position to listen and engage.

Airmen — be good wingmen. Take care of yourself and those around you. Step in when your wingman needs help. Signs of stress and suicide should not be dismissed. Neither should senseless risks to life and limb because of improper safety and irresponsible behavior.

In today's expeditionary Air Force, commanders and supervisors are often deployed. We rely on those who remain behind as acting commanders and supervisors to be familiar with the stresses confronting their Airmen and to be familiar with all the tools necessary to deal with these stresses.

I need everyone's help on this. Take care of your wingmen on the ground so we can continue to confront America's enemies from air and space. Stress is not going away; it is a reality we must accept and manage. We are the world's greatest Air and Space Power because of you, America's Airmen. The needless loss of one Airman is one loss too many. Look out for each other — look out for your wingman.



John P. Jumper
AIR FORCE
Air & Space Power

Senior Airman Emanuel J. Arnold



Organization: 190th Maintenance Squadron

Job Title: Aircraft Metals Technician

Main Responsibilities: Aircraft Maintenance, machining and repairing aircraft parts, welding aircraft parts and engines, using precision measuring tools to ensure parts and equipment are within operating standards.

Civilian Career: Student/Painter

Education: Senior at Kansas State University

Military Experience: 2 Years, 190th ARW

Goals and Ambitions: After graduating from K-State, I plan on traveling around the nation and becoming more involved with the community. Being able to help out in the community is something that I've always wanted to do. Also, I plan on focusing more of my

time towards the Air Force. My biggest goal, however, is to become an officer.

Hobbies and Activities: Now that I have a little more time on my hands, I would like to spend some of that time traveling. I also enjoy spending my spare time with my family, reading, and lifting weights.

Most Memorable 190th Moment: Coming back from tech school and rejoining the 190th.

Coyote Heritage



Lt. Lloyd Marett leads members of the 117th Tactical Reconnaissance Squadron at George Docking's inauguration to his second term as the Governor of Kansas in January of 1959. General Joe Nickol, Adjutant General of Kansas, and Superintendent Harvey Schmedemann, Kansas Highway Patrol are escorting Governor Docking. This inauguration was the first the 117th participated in as a unit.

It was just two years earlier, on January 3, 1957, that the Air Defense Command announced that the 117th would be formed in Hutchinson. Four days later, a headquarters and recruiting station was in operation in Hutchinson. The 117th would later become part of the 190th Tactical Reconnaissance Group in 1962. The 190th moved to Forbes Field in 1967.

Find out more about the 190th's history at the Historian's Intranet site (find it under the Wing HQ menu) or on the 190th's Internet site at www.kansascoyotes.com.

Promotions

SrA

Deborah M. Grigsby, SFS



SSgt

David W. Seaba, SFS

Bradley S. Yocum, LRS



TSgt

Eric J. Tincer, LRS



MSgt

Jamesson A. Dunbar, 117th



SMSgt

Timothy D. Treinen, OPS



Retirements

Col Edward R. Flora, JFHQ-KS

Retirement Date: 31 October 2004

Lt Col Donald E. Fisk, 190th ARW

Retirement Date: 31 December 2004

CMSgt Carl L. Boggs, LRS

Retirement Date: 1 November 2004

CMSgt Linda J. Mollnow, CF

Retirement Date: 31 December 2004

SMSgt Harvey L. Deweese, OSF

Retirement Date: 2 November 2004

SMSgt Charles R. Henry, MXAS

Retirement Date: 31 December 2004

SMSgt Gerald Stallbaumer, MXS

Retirement Date: 31 December 2004

MSgt Raymond G. Lisher, MOF

Retirement Date: 31 December 2004

TSgt Thomas J. Connelly, AMXS

Retirement Date: 28 October 2004

TSgt Richard W. Prue, LRS

Retirement Date: 31 December 2004

Enlistments

Jeremy J. Camper, Stu Flt
Enlistment Date: 19 Nov 04

Sara D. Blubaugh, 190 MDG
Enlistment Date: 6 Nov 04

Cody D. Criqui, OSF
Enlistment Date: 16 Nov 04

Family Readiness Information

Jan 7 (7:30 a.m.): Free Informational Breakfast on College Education (Coyote Cafe)
Feb 25-27: KS National Guard Family Program Workshop (Overland Park, KS)

FYI



Due to manning restraints, Security Forces Squadron will no longer be able to support the opening of two gates. Effective Monday 6 Dec, 2004 we will be using (A) gate. This gate is currently being used for contractors only. This will be the only gate used for all (190th members, & contractors) inbound and outbound traffic.

First Five Activities

On Saturday' January 8th, the 190th First Five Council is holding a 5-on-5 basketball tournament in building 662. Teams must be submitted to SrA Foreman by 3:00 on Saturday. The tournament will start at 5:00. The council will also be hosting the inaugural Squadron Challenge two mile fitness race at 4:30 that day. Although all runners are welcome, only the top 3 from each squadron will count towards placement. Please contact SrA Foreman at 785-250-7429 or joseph.foreman@kstope.ang.af.mil for more information.

190th ARW Officer Vacancy

The 127th Weather Flt. has a Traditional Weather Officer vacancy, AFSC 15W1. It is mandatory for entry into this AFSC to have completed 24 semester hours of college level courses in meteorology, including 6 semester hours of dynamic meteorology, 6 semester hours of analysis & prediction of weather systems (synoptic/mesoscale). If you are interested, submit your package to 190 MSF/DPMA, MSgt. Janet Smith by close of business on 9 January 2005.

Coyote Cafe Menu

Saturday January 8

Catered Meal

Sunday January 9

Catered Meal

Hotel for January
Amerisuities

\$ Finance News \$

Hours Of Operation
Monday - Friday (& UTAs)
0730-1600

To view your LES online visit myPay:
<http://www.dfas.mil/mypay>

With myPay, you can:

- View, print, and save LES
- View and print W-2s

Dining Out ~ 2005

The 2005 Dining Out is scheduled for Saturday, April 2, at the Topeka Capitol Plaza. Look for more information in upcoming issues of the Coyote Log.



190th Chapel Services

Protestant: 0800 - 0830
Latter Day Saints: 1100 - 1130
Catholic: 1345 - 1415

The Base Chapel is located on the 3rd floor of Hangar 662.

Do you have news to share?

The Coyote Log welcomes articles and captioned photos relevant to members and retirees of the 190th ARW. Submissions must be accurate in fact, and will be edited for clarity and length. Articles will be published as space permits.

The deadline for submission is Sunday of the UTA prior to the month the article will be published. Submit articles as e-mail attachments in Microsoft Word format. Photographs must be non-copyrighted prints or 300 dpi or higher TIF or JPG images. Articles and images should be sent to:

coyotelog@kstope.ang.af.mil

The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979



Coyote Log Staff

Col. Gregg Burden

Commander, 190th Air Refueling Wing

Capt. Chris Hill

Community Manager / Editor

2nd Lt. Joe Blubaugh

Chief of Public Affairs / Associate Editor

Tech Sgt. Greg Burnetta

Public Affairs NCOIC

Staff Sgt. John Carter

Public Affairs Admin. Support

190th Multimedia Support Center

Photographic / Graphic Support

190th Information Systems Branch

Printing / Distribution

190th Public Affairs/Coyote Log

Forbes Field (ANG)

5920 SE Coyote Drive

Topeka, KS 66619-5370

coyotelog@kstope.ang.af.mil

POC: Capt. Chris Hill

(785)861-4593

www.kansascoyotes.com

The *Coyote Log*, published monthly, is a US Air Force funded newspaper for members of the U.S. Military Services. Contents of the *Coyote Log* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the 190th ARW Public Affairs Office.

The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 47, No. 4 January 2005

THE COYOTE LOG
190TH ARW
PUBLIC AFFAIRS
FORBES FIELD (ANG)
5920 SE COYOTE DRIVE
TOPEKA, KS 66619-5370
OFFICIAL BUSINESS



FIRST-CLASS
MAIL
US POSTAGE PAID
PERMIT NO. 982
Topeka, KS

To The Coyote Family of